



menu



At EQ Cafe and Bakehouse, we believe in 'Brewing Connections' - whether it's over a perfectly crafted cup of coffee or a freshly baked treat straight from our oven. EQ stands for Excellence & Quality, and that's exactly what we bring to your table with every dish, every sip, and every smile.

With eight locations across Canberra, we're more than just a cafe we're your go-to spot for fresh, in-house dishes made with love and care. Our bakehouse is the heart of it all, where handmade pastries, artisanal breads, and delightful desserts come to life, filling our spaces with the comforting aroma of home.

Whether you're meeting friends, sharing ideas, or simply savoring a quiet moment, our cozy atmosphere is the perfect backdrop for any occasion.

Planning something special? Let us elevate your event with our catering and event services crafted to impress and designed to make every moment unforgettable.

Come for the food, stay for the experience!

Flip the page and dive into a journey of amazing dishes, crafted just for you.

With Love,
EQ Cafe and Bakehouse



Fruits & Grains

HOUSE MADE GRANOLA \$15 (V) (DF)

Bakehouse granola, coconut yoghurt and cardamom spiced orange with your choice of milk

FRESH FRUIT AND YOGHURT BOWL \$15 (V) (DF)

Seasonal fruit topped with coconut yoghurt and passionfruit pulp



Morning Breakfast

STRAWBERRY SUNDAE WAFFLES (V)

\$18

Brussel waffles topped with macerated strawberries, berry coulis & vanilla ice cream

(V) - Vegetarian
(GF) - Gluten Free
(DF) - Dairy free





All Day Breakfast

BREAKFAST TACOS

\$13

Two mini flour tortilla, creamy scrambled eggs, avocado, bacon and pico de gallo

EQ BAKEHOUSE ARTISAN TOAST (V)

\$10

Choose from white sourdough, multigrain sourdough, raisin bread or gluten free bread. Spread options include strawberry jam, peanut butter and Vegemite

HCT TOASTIE / (GF) ON REQUEST +2

\$9.50

Toasted sandwich with smoked ham, melted cheese and ripe tomato on golden bread.



CLASSIC AVO ON TOAST (V) \$12.50

/ (GF) ON REQUEST +2
\$5 TO MAKE IT DOUBLE

Fresh smashed avocado and feta served on
house baked sourdough or multigrain slice

+5 extra for two Slices
+1 Poached Egg \$3 extra

OMELETTE \$18

Fluffy eggs folded with BBQ Mushroom
and Feta cheese served with
multigrain sourdough

+Half avocado \$5 extra
+Grilled bacon \$5 extra
+Hash brown \$5 extra





EGGS ON TOAST
/ (GF) ON REQUEST +2

\$15

2 Poached, scrambled or sunny side up on sourdough or multigrain toast

- +Bacon \$5 extra
- +Avocado \$5 extra
- +Smoked salmon \$6 extra

EQ BIG BREAKFAST

\$23

2 eggs your way, bacon, grilled chorizo, BBQ mushrooms, grilled tomato, avocado, hashbrown, red pepper compote, wilted baby spinach and sourdough

EGGS BENEDICT

\$19

/ (GF) ON REQUEST +2

2 soft poached eggs, sautéed spinach, hollandaise sauce on sourdough toast with your choice of

- Bacon
- Smoked salmon \$1 extra
- Sautéed vegetables

DOUBLE BACON & EGG ROLL

\$16

2 Fried egg, 2 grilled bacon, swiss cheese, on a homemade brioche bun with either chilli jam, tomato or bbq sauce

- + Hashbrown \$5 extra
- + Caramelised onion \$1 extra

BREAKFAST BURRITO

\$16.50

Flour tortilla, creamy scrambled eggs, spiced potatoes, marinated refried beans, avocado, cheese, served with chipotle and tomato salsa

- +Diced chorizo \$3 extra
- +Diced bacon \$3 extra

BREAKFAST SIDES

Avocado	5
Sautéed Baby Spinach	4
Roasted Tomato	5
Hash Brown	5
Grilled Chorizo	5
Grilled Bacon	5
Smoked Salmon	6
Grilled Halloumi	5



All Day Lunch



**CHICKEN PARMI
BURGER**

\$16.50

Crumbed Chicken Breast ,
Lettuce, cheese, topped with
Napolitana Sauce served on Milk
Bun
+ Straight cut chips \$5 Extra

AUSSIE BEEF BURGER

\$16.50

Beef Patties, Crisp Lettuce, Bacon,
Slice Tomato, Thousand Islan Sauce
Served on Milk Bun
+ Straight cut chips \$5 Extra

FISH WRAP

\$15

Cos Lettuce, Tartare Sauce,
Battered Fish Served on Soft Tortilla
+ Straight cut chips \$5 Extra

**CLASSIC FISH &
CHIPS (DF)**

\$21

Flathead battered Fish , House salad,
Chips Served with Side of tartare Sauce

APPETIZER

Sweet Potato Chips	10
Potato Wedges	10
Straight Cut Chips	10





On The Bread

CLASSIC CLUB SANDWICH

\$16.50

Toasted white bread layered with
grilled chicken, smoked turkey, crispy
bacon, fried egg, fresh tomato,
avocado, and mayo

+ Straight cut chips \$5 Extra

CLASSIC REUBEN

\$16.50

Swiss Cheese, Corned Beef,
Sauerkraut, Thousand Island
Sauce served on Slice of House
made Sourdough

+ Straight cut chips \$5 Extra

EPIC HAM

\$16.50

Toasted White Bread Topped with
Honey Mustard, Onion, Slice
Tomatoes, Mix Lettuces, Cheese,
Smoked Ham

+ Straight cut chips \$5 Extra

STEAK SANDWICH

\$16.50

Soft White Bread Topped with
Steak, Red Pepper , Mix Lettuce,
aioli and Swiss Cheese

+ Straight cut chips \$5 Extra



Fresh Juices

IMMUNITY BLEND

\$9

Strawberries, Freshly Squeezed
Orange & Freshly Juiced Watermelon

BERRY BLEND

\$9

Mixed Berries with Freshly
juiced Apple, Pineapple & Orange

ENERGY JUICE

\$9

Orange, apple, carrot & ginger

GREEN GODDESS

\$9

Cucumber, celery, spinach,
apple & ginger



Non Dairy Frappe

FLIP OUT

\$10

Passionfruit, mango ice, tropical juice

LEMON FRAPPE

\$10

Orange, sorbet, ice and freshly squeezed lemon

GOLDEN FRAPPE

\$10

Mango, banana, pineapple, ice and tropical juice

WATERMELON FRAPPE

\$10

Sorbet, tropical juice, ice and freshly juiced watermelon



Iced Drinks

ICED LATTE \$7

Espresso coffee, ice & milk

ICED COFFEE \$8

Espresso coffee, ice cream & milk with Chocolate Powder

ICED LONG BLACK \$6.50

Espresso coffee, ice & water

ICED MOCHA \$8

Espresso Coffee, Chocolate syrup, Ice & Milk with chocolate powder

ICED CHOCOLATE \$8

Chocolate Syrup, Milk, Ice Cream with Chocolate Powder

ICED CHAI LATTE \$7

Spiced Chai Flavour, Milk & Ice

ICED MATCHA LATTE \$8

Sweet matcha powder, ice & milk

STRAWBERRY MATCHA \$9

Sweet matcha powder blended with strawberry syrup, ice & milk





Protein Shakes

SLIM-N-TRIM

\$12

Banana, mango, apple,
pineapple, whey protein,
ginger & spinach

PEANUT POWER

\$12

Banana, peanut butter,
dates, low fat milk & whey
protein

VEGAN ESPRESSO MOCHA

\$12

Banana, dates, oat milk,
espresso, cocoa & plant protein



Shakes, Smoothies & More

BANANA SMOOTHIE \$9

Banana, ice cream, milk & honey

MIXED BERRY SMOOTHIE \$9

Mixed berries, ice cream, milk & honey

MANGO SMOOTHIE \$9

Mango, banana, mango nectar & sweet yoghurt

MILKSHAKES \$7

Choice of chocolate, strawberry, vanilla, caramel, coffee, mocha, banana, lime, cookies & cream

THICKSHAKES \$8.50

Choice of chocolate, strawberry, vanilla, caramel, coffee, mocha, banana, honeycomb, cookies & cream





Enjoy Our Catering Services



Our Menus are Subject To Change without notice. A 15% surcharge applies on Public Holidays. Not all Ingredients are listed on the menu. Please make your server aware of any dietary requirements before ordering.

Please be aware that our menu contains allergens and is prepared in the kitchen that handles nuts, shellfish, gluten and eggs. Whilst all reasonable efforts are taken to accommodate guest dietary needs. We cannot guarantee that our food will be allergen free.